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By **ELMER D. MITCHELL, Ph.D.**, *Director of Intramural Sports, and Professor of Physical Education, University of Michigan*



In 1925 the original edition of this work was published. For fourteen years, it remained as the standard work on the subject. Now because of the great advances which have been made, because of the tremendous foothold Intramural Sports have in our educational system, our talented author felt compelled to bring this work up-to-date. Entirely rewritten with new illustrations, this new book should completely fill the present need for a comprehensive text and guide on Intramural Sports.

The book offers the results of years of experience and investigation. It abounds with practical suggestions that have been found to be successful in actual practice. With the text are reproductions of forms, programs, printed material that have been used throughout the country and which can be adapted to individual school programs. "Sports for All" and "Sports for Sports Sake" are the keynotes of the intramural movement. This new book will help you install a progressive program in your school and college.

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Skating as a Physical Education Activity

By

CARITA ROBERTSON

Assistant Professor of Physical Education for Women
University of Illinois

SKATING has always appealed to those who live where natural ice or readily constructed outdoor rinks are available. In recent years the indoor rink with all its attractive and modern equipment has won great numbers of skating devotees for whom the sport was formerly unavailable. The pleasures of skating are no longer confined to those who live where outdoor ponds freeze naturally, but can be enjoyed for several months of the year by those who live where ice and snow are practically unknown. Better still, the modern rink has made it possible for the outdoor skater to realize even more fully the supreme joy to be derived from a pair of skates and a patch of ice. How much more fun to be able to spend an hour or two skating in a well ventilated, modern rink at a temperature of about 45 to 50 degrees, than to be forced to keep skating fast and furiously for short periods in the outdoors at zero or sub-zero temperatures! And skating in these new rinks is accessible to all. The person of average or below average means may find his pleasure there as well as the more financially fortunate. A couple of hours of skating costs less than does the average movie. It requires very little equipment and that little lasts a long time.

Best of all, skating is a sport that can be enjoyed by anyone no matter how young or how old; there is a place in the rink for every degree of ability from the beginner to the most advanced figure skater. One may move so gently over the ice as to put forth only the min-

imum of effort; or one may be as vigorous as he chooses in either his plain skating or his exercises and routines. The dub as well as the expert feels that he belongs to the world of movement, music, rhythm, gaiety, and companionship that is ever present in a rink. No matter how poor or how good a skater may be, there is little self-consciousness or hanging back. Each one is so intent on his own enjoyment of a free and smooth skating stroke that he fails to make comparisons except in his effort to attain more and more of the exhilarating sense of rhythmic motion.

Although the University of Illinois is located at Urbana, some 150 miles south of Chicago, in an area where there is little or no snow and ice, the student body is, nevertheless, fortunate in having an opportunity for skating. The University maintains an excellent ice rink which is opened for skating each year between October 15 and April 1. This rink is excellently housed in a modern brick structure which includes office space, lunch and soda counter, dressing rooms and lockers for skates, as well as the surface of ice. The rink is flanked on both sides by balconies which are filled with spectators for hockey games or for ice carnivals. The skating area is 195 ft. long by 125 ft. wide, a spacious place where students may enjoy recreational skating every evening and on Saturday and Sunday afternoons. Week-day hours are scheduled for the regular physical education classes for both the men and women students, for intramural

The position of the dance in physical education increasingly approximates the position of the whole of physical education in education at large. As a field, we are in a most active phase of consolidating this position which as a field belongs to us. Recognition, prestige, the rights and privileges of full membership in general education are, we feel, overdue us. So it is with the position of the dance in physical education.

What can soberly be asserted is this: here is an art, actively at work in American culture in our own times, placed within the educational jurisdiction of physical education. As an art, it is blood brother to play, already the educational province of physical education. Again as an art, it is inextricably linked with all the other arts and hence opens doors which lead in every direction out of the gymnasium into which we have, at times, locked ourselves. It is an old art, but new to us and thus, although strange, full of fresh possibilities. It is organically stimulating, an ancient mode of human expression, rich in sensory values, an intellectual discipline of the first order.

The proof of its worth will be, in the end, not in fact or fancy, which must follow after, but in the dancing which will, as it must, go its own sweet way. »«

Skating as an Activity

(Continued from page 35)

knees act as a sort of fulcrum from which an adjustment of the body weight is controlled.

After several trials and after a certain sense of self-confidence has been established, the next step is to use first one foot and then the other as a pusher. While coasting out from the wall with the weight on both feet, the left foot is turned toe out at about a 45-degree angle. The inside of the ankle should be turned down to the ice so that the inside edge of the skate may grip the ice in order to make a fairly strong push possible. As this push is being executed, the skater must transfer all her body weight over the right foot, keeping the right knee well bent. The push from the right foot follows in the same manner. From here on there are several points of emphasis which must be strictly adhered to in order that the beginner will progress and not be retarded by the acquisition of bad habits. These points are:

1. The push must come from the full inside edge of the skate, never from the toe.
2. The push must come from a position out to the side of the body, only slightly back, rather than from straight behind.
3. The push from the left foot should carry the body diagonally forward and to the right, while the push from the right foot sends the body diagonally forward and to the left.
4. The skating knee, that is the knee of the foot on which the weight is placed, must always be bent.
5. The foot and leg of the side from which the push comes should not be picked up behind. Beginners frequently have to be encouraged to allow the pushing foot to stay behind and come forward as it will or else they will establish a habit of lifting their feet in the rear.



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6. Strokes must be long and full. These may be accomplished by insisting that both feet be brought together well under the center of the body weight before starting another stroke.

7. The transfer of the weight should very early become a smooth, swaying motion from side to side. This can be accomplished only when there is plenty of knee bending on the skating side and a straight knee on the pushing side.

After fifteen minutes of drill and supervision, and with a surprisingly small percentage of tumbles, the entire group is able to skate by themselves around the rink. Not until after the fifth or sixth lesson are the beginners allowed to skate with a partner. Skating with a partner who is not a skilled skater has been found to retard the establishment of self-confidence and strong forceful skating.

Backward Skating.—Skating backward is a skill which requires a careful and well-planned approach. The establishment of balance and stroking backward is a difficult coordination for most students. The initial work on this skill is carried out very much as that for plain forward skating. The students line up at the wall with their backs toward the ice. Emphasis is again placed on the relaxed condition of the body throughout and on well-bent knees. The weight of the body is over the middle of the foot or even a little back of the middle point.

The first drill consists of pushing out from the wall with the aid of the hands so that the skater coasts backward, feet parallel. A few trials at this usually establishes a sense of assurance and orients the student to the backward motion. The purpose of the next drill is to obtain the backward motion from leg action rather than from the push with the hands from the wall. To do this the skater turns the inside of both feet and skate edges down toward the ice, allowing them to slide out to the side. Then, with forceful contraction of leg and thigh muscles, the feet are drawn together again with a sort of sculling motion. After doing this across the rink two or three times, the student is ready to try the regular stroke, first from one foot, then the other. From here on the points for emphasis are practically identical with those for straight forward skating.

Organization of Program.—Except for the initial group instruction and general re-emphasis of important points from time to time, the teaching of all the skills becomes a matter of assisting individuals with their own particular needs. As it has not been possible to schedule classes for beginners and advanced skaters, it has been found advisable to divide the members of a class who are not beginners into two groups, depending upon their ability. The entire class then is ultimately divided into three groups: beginners, intermediates, and advanced. Each group has a definite set of skills on which to work and strive to perfect. Several minutes of each lesson are devoted to the development of the plain, straight skating stroke. A few well-chosen waltz records played over the amplifier double the enjoyment of skating as well as aid in the development of an even rhythmic stroke.

From time to time during the skating season, and more particularly toward the end of the semester, the instruc-

tor observes each student as she performs the various strokes and rates her performance. The skills on which the three groups must work and be graded are:

A. For beginners:

1. Straight skating.
2. Cutting a circle left (by placing the right foot over the left in each stroke).
3. Cutting a circle right.
4. Stopping.
5. Backward skating.
6. Turning from forward to backward skating while in motion.

B. For intermediates:

1. All of the skills listed for the beginners plus:
2. Turning from backward to forward skating while in motion.
3. Cutting a circle backward left.
4. Cutting a circle backward right.
5. A quick stop.

C. For advanced:

1. All of the skills listed for beginners and intermediates plus:
2. Figure eights R.O.F. and L.O.F. (right outside edge forward; left outside edge forward).
3. Figure eights R.I.F. and L.I.F. (right inside edge forward; left inside edge forward).
4. Dutch Roll.

Since only half of each semester is devoted to skating, each class meets approximately twenty-two times. Strict attention is required in order to cover the amount of work assigned to each group, and those who obtain a grade of "B" in all their skills have indeed made excellent progress.

I believe that the most important outcomes of these classes are the acquirement of a forceful, well-coordinated, and rhythmic plain skating stroke and a keen enjoyment of the activity. After a semester of skating, and with the development of the skills required in these classes, the students are well prepared for the enjoyment of skating as a leisure-time activity, which should carry through to later enjoyment in their home communities. Also, with this background and an appreciation increased by observing the artists of national reputation in our ice carnivals, many girls accept the challenge of the endless possibilities of figure skating. " "

Appraising Health Education

(Continued from page 11)

vision of the curriculum in the light of scientific research and educational experimentation.

He may wish to find out how much knowledge the pupils have acquired in their health class. Tests and measurements of health knowledge have been given an important place in evaluating health education, and of course it is worth finding out to what extent pupils have remembered the facts they have been studying. However, the tests ought not to stop there. The success of health teaching is not revealed by a high rating on a written examination, but rather by the extent to which the knowledge is put into practice. What evidence is there that

and varsity hockey team practices, and for the Women's Athletic Association groups. Townspeople and visitors also are permitted to use the rink, and many take advantage of the privilege. School children come in crowds to the rink on Saturday mornings and holidays.

In the classes for women, it is interesting to note that approximately 75 per cent of those registered are absolute beginners in the art of skating. Nevertheless, they possess an enthusiasm and zest for accomplishment which is rarely seen in beginners of other sports. The teaching of this large group of beginners has furnished a very challenging problem for the skating instructor. Although there are many good books available with helpful hints for the figure skater, there is no adequate text for the beginning student of ice skating. A child can readily learn to keep his balance and soon attain considerable skill in skating, but it is quite a different matter when the beginner is a physically mature person, say of college age.

Some of the questions which had to be answered in connection with the instruction of college groups were: how shall the class be dressed; how shall a class of some fifty or sixty students of varied ability be organized; how can an initial confidence be instilled to free the beginner from the fear of falling; and what degree of skill shall be attained within the class periods of one semester?

Skating Attire.—In order to keep the cost of the course at a minimum and because of the fact that there is a laboratory fee of \$3.50 and the necessity for the purchase of a pair of skates, the costume for class work is made as simple and inexpensive as possible. A plaited

The members of the women's physical education groups are strongly urged to obtain figure skates for class work. This is because a figure skate is so constructed that the skater's feet are kept low on the ice, which naturally makes the balance easier. Also, a figure skate permits one to do anything on the ice except to compete with a *bona fide* racer or to play hockey. Nor can any of the dance steps be accomplished on anything but figure skates. A hockey skate does not permit accurate or even good tracing or turning of the simplest figures. No racing skates are permitted in class work because, first, a racing skate limits performance and development of skill to that of straight skating and speed; and secondly, in large groups of beginners, the long and sharp pointed racers may be very dangerous. Hockey skates are used by those girls who already possess them and who can not afford, at the time of enrolling in class, a figure skate as well. After observing and understanding the difference in performance between hockey and figure skates, many students later make the necessary effort to obtain figure skates.

Methods of Instruction: Straight Forward Skating.—It is a constant surprise to observe how readily a group of fearful and hesitant beginners respond to the suggestions of an instructor. Usually, before a beginning group is permitted to try its luck on the ice, the members are lined up along the side rail of the rink so that they face the ice and the instructor. Suggestions and encouragement are given for complete relaxation with arms swinging freely at the sides and with the knees well bent. A springy, flexible knee position, with the weight slightly forward is essential, so that if there is a tendency to lose

These photographs show the skating rink at the University of Illinois. The skating area is 195 ft. long by 125 ft. wide; air temperature about 45-50 degrees.



or gored short wool skirt with plenty of fullness about the knees and a sweater or short jacket is the most satisfactory attire. Other than the above, no attempt is made toward uniformity of costume. This appeals to the students as they do not have to change before attending other classes or campus activities.

balance it will result in a fall forward onto the hands and knees rather than backwards. In this relaxed and well-bent knee position, the girls push themselves out away from the wall, simply coasting forward with skates close together and exactly under the body weight. The

(Continued on page 57)

A List of Films on Skiing

Prepared by
LAWRENCE E. BRIGGS

Secretary, Western Massachusetts
Winter Sports Council

THE Western Massachusetts Winter Sports Council has just celebrated its fifth birthday party. The Council is an organization of the winter sports groups in western Massachusetts. It serves as a clearing house for cooperation between the skiers and skaters of the western Massachusetts area, and those interested in developing winter recreation in this section. The organization is unique in that it has no membership fee, and no constitution nor by-laws. It has been built on the basis of mutual friendship and the desire to solve similar problems. The individuals that make up the Directorate of the Council realize that the attainment of desired ends can be accomplished more easily by all groups interested being united to carry a common project through to completion.

It has been a privilege of the Council to cooperate with local, state, and national agencies to help develop satisfactory winter sports facilities. The directors have sponsored a series of winter sports radio broadcasts, and have now turned to the study of problems concerning ski safety, junior skiing, and improved methods of maintenance. This fall has also seen the continuance of Ski Officials' Clinics, including cross country, downhill, jumping, and slalom events. Thus every skater and skier, directly or indirectly enjoys the benefits of membership through his representative on the Council.

Our bulletin service has been one of the greatest contributions which the Council has made to the skating and skiing fraternity. The publication of this bulletin has been made possible through the cooperation of the Department of Physical Education for Men, at the Massachusetts State College. This type of service has not been duplicated elsewhere. This Council has been recognized for the past five years as one of the organizations doing the most for winter sports because of its bulletin service.

The bulletin service recently issued a list of available ski films. This is given in full as an example of the bulletin service and also because of its value to winter sports enthusiasts.

List of Ski Films, 1939-40

The film titles are grouped according to the name of the person or agency from whom they may be obtained (given in bold face type). Following these headings the information is listed in this order: title, length, width, if sound, and cost. Where special arrangements apply regarding renting, this is noted directly after the name of the agency.

American Museum of Natural History, Dept. of Education, 77th St. and Central Park West, New York City:

When Winter Comes, 16mm., 50c and transportation both ways.

Where Winter Sports Is King, 16mm., 50c and transportation both ways.

Professor Rollin Barrett, Mass. State College, Amherst:
First Winter Carnival, Massachusetts State College, 400', 16mm., transportation only.

Bell and Howell Co., 1801 Larchmont Ave., Chicago, Illinois:

High School of Skiing, 1 reel, 16mm., sound, \$1.25 base rental.

Ski Esta, 1 reel, 16mm., sound, \$1.25 base rental.

Skiing on Your Feet, 1 reel, 16mm., sound, \$1.25 base rental.

Ski Ways, 1 reel, 16mm., sound, \$1.00 base rental.

Snowscapes, 16mm., sound, \$1.50 base rental.

Snow Fun, 1 reel, 16mm., sound, \$1.25 base rental.

Snow Thrills, 1 reel, 16mm., silent and sound, \$1.25 base rental.

Swiss on White, 1 reel, 16mm., sound, \$1.25 base rental.

Winter Carnival, 1 reel, 16mm., sound, \$1.00 base rental.

Winter Holiday, 16mm., sound, \$1.50 base rental.

Winter Magic, 16mm., sound, \$1.50 base rental.

World's Fastest Hockey Game, 1 reel, sound, \$1.50 base rental.

Columbia Pictures Corp., 729 Seventh Ave., New York City:

(Note: Write company for rates on these films. If living in New England, address requests to 57-67 Church Street, Boston, Mass.)

Dreams on Ice (technicolor cartoon), 35mm.

Hot Dogs on Ice (black and white cartoon), 35 mm.

Ice Cut Ups, 1 reel, 35mm., sound.

Odd Sports (some ice scenes), 35mm.

Screen Snapshot No. 8 (18th series), Hollywood Stars on Ice, 35mm.

Skiing Is Believing, 1 reel, 35mm., sound.

Ski Rhythm, 35mm.

Snow Foolin', 1 reel, 35mm., sound.

Division of University Extension, James A. Meyer, Director, State House, Boston, Mass.:

Where Snowtime Is Joytime, 1 reel, 16mm., \$1.00.

Where Winter Sports Is King, 1 reel, 16mm., \$1.00.

Eastin 16mm. Pictures Co., 707 Putnam Building, Davenport, Iowa:

(Note: Rentals on these films as follows: \$1.00, 1 day; \$1.50, 2-3 days; \$2.00, 4-5 days; \$2.50, 6-7 days.)

Ski Revels, 1 reel, 16mm., SOF.

Snow Thrills, 16mm., sound.

The Ice Men, 1 reel, 16mm., SOF (Bill Corum Sport Film on Hockey).

Winter Sports, 1 reel, 16mm., SOF.

Fine Arts Theater, Attention George Kraska, Norway Street at Mass. Ave., Boston, Mass.:

Love on Skis, 3 reels, 16mm. and 35mm., rates upon request.

Slalom, 6 reels, 16mm. and 35 mm., rates upon request.

The Ski Chase, 8 reels, 16mm. and 35 mm., rates upon request.

Fox Film Corp., Attention S. Horowitz, 105 Broadway, Boston, Mass.:

How To Ski, 35mm., sound, rates on request.

German Railroads Information Office, A. Queitsch, 11 West 57th Street, New York City:

(Note: Only charge is for transportation both ways; all films are sent express collect and should be returned express prepaid.)

A Holiday in Snowbound Styria, 1 reel, silent, with English titles; sound, dialogue in English.

German Winter Sports Championships, 3 reels, silent, with English and German titles.

Skiing in the Pongau, 1 reel, silent with English titles; sound, dialogue in English.

10,000 Feet High on Skis, 2 reels, silent, with English titles; sound, English dialogue.

Harvey and Lewis Co., 1503 Main St., Springfield, Mass.:

Lake Placid Winter Sports, No. 1212, 16mm., write company for rates.

Winter Sports, No. 1217, 16mm., silent and sound, write company for rates.

Ideal Pictures Corp., 28-34 East 8th St., Chicago, Illinois:

Alpine Demons, 16mm., sound, \$1.50.
Fastest Game in the World (hockey), sound, \$1.50.
High School of Skiing, 16mm., sound, \$1.50.
Mountains and Skis, 1 reel, photography in Austrian Tyrol, 16mm., sound, \$1.50.
Ski Esta, 16mm., sound, \$1.50.
Skiing on Your Feet, sound, \$1.50.
Skiing with Hannes Schneider, 16mm., sound, \$1.50.
Ski Pilots, 16mm., sound, \$1.50.
Ski Thrills, 16mm., sound, \$1.50.
Snow Fun (Sonja Heine), 16mm., sound, \$1.50.
Snow Thrills, 16mm., sound, \$1.50.
Swiss on White (Winter Olympics), sound, \$1.50.
Take Your Pick (winter sports in North and South), 1 reel, 16mm., sound, \$1.50.
Winter Carnival, 16mm., sound, \$1.50.
Winter Sports, 16mm., sound, \$1.50.

Lenauer International Films Inc., Attention Jean H. Lenauer, 202 West 58th Street, New York City:
Frosty Frolics, 35mm. and 16mm., running time 11 minutes, write company for rates.

McLain Organization, Inc., Philadelphia Savings Fund Building, 12 South 12th St., Philadelphia, Penn.:

Skiing in the Laurentians, 2 reels, 16mm., colored, free of charge to recognized ski clubs—booking date necessary.

Metro-Goldwyn-Mayer, 46 Church St., Boston, Mass.:

Hot on Ice, 35mm., \$5.00.

Ice Antics, 35mm., \$5.00.

National Parks Bureau, Dept. of Mines and Resources, Attention Robert J. C. Stead, Ottawa, Canada:

(Note: Free except transportation charges from Ottawa to point of destination.)

Canada's Capital on Skis, 16mm. and 35mm., silent.

Let's Go Skiing (sound version of silent picture Skiing in Cloudland), 16mm. and 35 mm.

Skiing at Lake Louise, 16mm. and 35mm.

Skiing in Cloudland, 16mm. and 35mm., silent.

Snowtime in the Rockies, 16mm. and 35 mm., silent.

Sunshine and Powder Snow, 16mm. and 35 mm., silent.

When Winter Comes, 16mm. and 35 mm., silent.

Where Snowtime Is Joytime, 16mm. and 35 mm., silent.

Winter Wonderland, 16mm. and 35 mm., silent.

North Elba Park District, Olympic Arena, Attention H. L. Garren, Lake Placid, New York:

(Note: Rental consists of transportation both ways and repair charges if films damaged or broken.)

Bob Run, 200', 16mm.

Bob Run, Hockey, and Gymkhana, 400', 16mm.

Bob Sledding and Ski Jumping, 500', 16 mm.

Cross Country Skiing—Lake Placid, 16mm.

Dog Sledding and Cross Country Skiing, 400', 16mm.

L.P.A.C. Mid-Winter Carnival, 1933, Reel 13, 16mm.

Miscellaneous Winter Shots, 100', 16mm.

Olympic Bob Run, 350', 16mm.

1932 Olympics (includes 60-meter ski jump), 16mm.

Olympic Stadium, 1931-32, Reel 14, 400', 16mm.

Summer Ice Skating, 400', 16mm.

Winter Scenes, Reel No. 8, 400', 16mm.

Nu-Art Film Company, 145 West 45th Street, New York City:

Ski Thrills, 16mm., \$3.00 per day.

Swiss on White, 16mm., \$3.00 per day.

Pathescope Company, 438 Stuart Street, Boston, Mass.:

Moosilauke Down-Mountain Race, 300', 16mm., silent, \$1.00.

Ski Esta, 16mm., silent \$1.00, sound \$1.50.

Skiing with Hannes Schneider, 16mm., silent, \$1.00.

Ski Racing on Mt. Ranier, 1 reel, silent, \$1.00.

Ski Thrills of Norway, 1 reel, 16mm., sound, \$1.50.

Snow Thrills, 1 reel, 16mm., silent 75c, sound \$1.25.

Snow Fun, 1 reel, 16mm., sound, \$1.25.

Swiss on White, 1 reel, 16mm., sound, \$1.50.

Tragedy of Mt. Everest, 3 reels, 16mm., sound, \$4.50.

Christine Reid, 14 Hawthorn Road, Brookline, Mass.:

Fundamentals of Skiing, 800', 16mm., \$5.00 per day.

Fünf Minuten Ski Kurse, 35mm., \$7.00 per day.

The Hannes Schneider Skiing Technique (filmed in Canadian Rockies), 1200', 16mm., silent—400' colored introduction, rental quoted on request.

Sidney Shurcliff, 11 Beacon Street, Boston, Mass.:

(Note: Available only when accompanied by a lecture by Mr. Shurcliff. Charge varies with distance and size of group.)

Ski America First, 2400', 16mm. (completely revised for 1939-40 season).

Swiss Federal Railroads, Attention William Scherer, 475 Fifth Avenue, New York City:

(Note: Rental on these films consists of transportation charges both ways.)

Skiing in Switzerland, 1 reel, safety film, 16mm.

Swiss Ski School, 2 reels, safety film, 16mm.

Swiss Technique of Skiing, 3 reels, 16mm.

Switzerland in Winter, 2 reels, 16mm.

The White Mountain (high mountain climbing with the aid of skis), 1 reel, 16mm.

Walking and Skiing on a Glacier, 1 reel, 16mm.

Winter Sports in Switzerland, 1 reel, 16mm.; 2 reels, 35mm.

Zermatt, Paradise of Winter Sports, 2 reels, 35mm.

Union Pacific R. R. Co., Attention Alexander Grant, Jr., 521 Fifth Avenue, New York City:

(Note: The Union Pacific Railroad Company provides a lecture with colored sound films, without charge, to large groups actively interested in skiing. For detailed information write company.)

University of California, Dept. of Visual Education, Berkeley, Calif.:

High School of Skiing, 2 reels, 400', 16mm., sound, \$2.00.

Ski Esta, 1 reel, 400', 16mm., sound, \$1.50.

Snow Fun, 1 reel, 400', 16mm., sound, \$1.50.

Swiss on White, 1 reel, 400', 16mm., sound, \$1.50.

Where Snow Time Is Joytime, 1 reel, 400', 16mm., silent, 50c.

Where Winter Sports Is King, 1 reel, 400', 16mm., silent, 50c.

Winter in Yosemite, 2 reels, 800', silent, \$1.50.

Winter Olympics, 1 reel, 400', 16mm., silent, \$1.00.

Winter Sports in National Forests of California, 1 reel, 400', 16mm., silent, 30c.

Winter Wonderland, 1 reel, 400', sound, 50c.

Yosemite Ski School, 1 reel, 400', sound, \$1.00.

Yosemite Skiways, 1 reel, 400', silent, 50c.

Yosemite Skiways, 1 reel, 400', 16mm., sound, \$1.00.

United States Eastern Amateur Ski Association. Write to Lawrence E. Briggs, Physical Education Dept., Mass. State College, Amherst:

Eastern Amateur Ski Association Ski Championships—Belknap Recreation Center, 16mm., \$1.00.

Ruud Jumping Films, 2 reels, 400' each—(1) Training Camp, (2) Technique; to member clubs, 1 reel \$2.00, 2 reels \$3.00; to non-members, 1 reel \$3.00, 2 reels \$4.00.

Swiss Ski School, 2 reels, 16mm.; to member clubs, 1 reel \$1.50, 2 reels \$2.50; to non-members, 1 reel \$2.50, 2 reels \$3.50.

Wholesome Films Service Inc., 48 Melrose Street, Boston, Mass.:

Frolics in the Frost, 1 reel, 35mm., silent, \$2.50 per day.

Frosty Frolics, 1 reel, 16mm., sound, \$2.00 per day; 35mm., sound, \$3.00 per day.

High School of Skiing—Hannes Schneider, 2 reels, 35mm., sound, \$5.00 per day.

Ski Esta, 1 reel, 16mm., silent and sound, \$1.50 per day.

Ski Pilots, 1 reel, 16mm., sound, \$1.50 per day.

Ski Revels, 16mm., silent and sound, \$1.50 per day.

Snow Fun, 1 reel, 16mm., silent and sound, \$1.50 per day.

Snow Thrills, 1 reel, 16mm., silent and sound, \$1.50 per day.

Sporting with Jack Frost, 1 reel, 35mm., silent, \$2.50 per day.

Swiss on White, 1 reel, 16mm., sound, \$1.50 per day.

The Silvery Art, 1 reel, silent, 16mm., \$1.50 per day; 35mm., \$2.50 per day.

(Continued on page 55)

NATIONAL ASSOCIATION NEWS

Edited by ELIZABETH NOYES, Assistant Secretary

"The 1940 Convention of the American Association for Health, Physical Education, and Recreation will be held in Chicago, Illinois, April 24-27. The Stevens Hotel has been selected as the convention headquarters and plans are developing rapidly to indicate a very successful convention.

"The Stevens Hotel is the world's largest hotel, offering 3,000 guest rooms, each with a bath. It has the largest hotel ballroom in the United States with a capacity of 3,000. A large exhibit hall will house commercial and educational exhibits. Adjacent to the exhibit hall will be two large meeting rooms and private rooms for consultation which will be in operation throughout the convention. The hotel facilities permit housing the entire conference under one roof. Arrangements have been made so that the price range for the hotel rooms makes it possible for all who attend the convention to be quartered at our conference headquarters.

"The Program Committee is arranging a program to provide not only educational and instructive meetings, but an opportunity for personal participation. Time will be provided for visitation of schools and colleges, and the present plans call for a participation meeting that was so successful in the 1938 Midwest District Convention in Chicago.

"Plan now to attend, April 24 to 27, Chicago, Illinois."

A. H. FRITZLAFF, Convention Manager

* * *

The membership drive which began with a special letter to persons whose memberships expired recently is bringing encouraging results. Cash returns have already been received from approximately 10 per cent of these letters. In addition a number of professional training institutions have sent in student memberships, and several city and state directors of health and physical education are checking to see that all members of their staffs are invited to join the National Association. T. C. Ferguson of the Maryland State Department of Education, A. O. Anderson of St. Louis, Kirk Montague of Norfolk, Virginia, and Arthur Morr of Camden, New Jersey, are among those who are cooperating actively in promoting membership in their territories.

National membership drives are already under way in the Midwest, Northwest, Southern, and Southwest Districts, organized by the presidents of the district and state associations.

* * *

It has been suggested that an Association Committee should be appointed to study the field of motion pictures in health, physical education, and recreation. President Bell would be grateful for suggestions and comments from all interested members on the possible functions and scope of work of such a committee.

* * *

President Bell announces the appointment of Dr. Delbert Oberbauer to represent the Association at the inauguration ceremonies for the installation of Dr. Prout as President of Bowling Green State University, Ohio.

* * *

Members who are traveling anywhere in the United States during the school year or the summer term, and who are willing to accept speaking and conference engagements, are invited to send in their itineraries to the Association office. Frequent calls for speaking service are received from the field. An exchange of information through the Association office, we hope, will be of service to the profession in general.

* * *

Members are requested to cooperate with the National Association office by notifying us of changes of address, and by sending in publication renewals promptly. When changing your address it is especially important to notify the office promptly, as the

Post Office does not forward magazines, and the Association cannot afford to send duplicate copies.

* * *

Some of the JOURNAL readers may be interested to know about the routines involved in entering a membership. There are a number of steps in the process:

A. In the Association office:

1. Opening and sorting mail.

2. Marking expiration date, back copies to be sent, and any special requests for the attention of those who will handle the memberships later.

3. Sorting by type of membership, counting the money, and recording each payment.

B. In the Accounts and Records Division of the National Education Association:

1. Depositing payments, and entry of amount in Association account.

2. Checking with expired file to find addressograph plate, and making new plate when necessary.

3. Preparing two file cards (of a different color for each type of membership) and a membership card from each plate.

4. Preparing a list of back issues of the magazines to be sent.

5. Filing one card in an alphabetical file and filing each addressograph plate geographically.

6. For each issue of the JOURNAL and Quarterly, the membership list is printed on long rolls which are sent to Ann Arbor for use in addressing the magazines.

C. In the Association office again:

1. Punching each membership card to show type of membership and year of expiration.

2. Transferring date of former membership from old card to keep record continuous.

3. Filing file cards alphabetically.

4. Mailing membership cards.

5. Answering all subsequent inquiries and complaints.

D. In the Ann Arbor office:

1. Forwarding to Washington any memberships received.

2. Addressing and mailing all back copies and special orders of magazines.

This complete process may take from ten days to four weeks, depending on the number of memberships coming in at one time and the amount of other work to be done in the three offices. Under the present system no one person works full time on circulation.

We are sorry that during October and November, due to an unusual rush of business and the continued illness of a staff member, the entry of new memberships and renewals took longer than usual. Steps are being taken to perfect the organization of the circulation routine so that we may avoid delay as far as possible.

* * *

Edward Storey of Mamaroneck writes us: "Get your orders in early to Dr. Hiram A. Jones (State Education Department, Albany, New York) for mimeographed copies of the report on 'Scheduling in Physical Education,' which is being presented at the Christmas meeting of the New York State Health and Physical Education Association in Syracuse. Ruth Abernathy and Mr. Crumb have done a swell job with it."

* * *

A number of requests have been received for reprints of Dr. C. C. Wilson's excellent article in the November JOURNAL. We are happy to announce that reprints of this article are being made and will soon be available from the Association office for 10c each.

Copies of the report on "Interscholastic Athletics for Boys" are also still available at 5c each, with reduced prices for orders of one hundred or more.

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How to Play **BADMINTON**



SUMMARY of RULES



Published by

Wilson SPORTING GOODS CO.

Chicago, New York and Other Leading Cities

Printed in U.S.A.

INTRODUCTION

BADMINTON, more than any other racket game, provides all of the thrills and enjoyment of competitive play, not only to expert players but to beginners as well. Anyone can play and enjoy this game at the first attempt, regardless of age, and it will continue to fascinate you no matter how many years you play it.

The game of badminton is reputed to have started in India the latter part of the 19th Century, though some records appear to show that a game of similar nature of the game was played earlier in China and there is also some mention of the game as far back as the twelfth century at one of the Courts of the reigning English king.

Its origin is based around a story of English army officers, after a somewhat convivial dinner, placing quills in champagne corks and batting them back and forth over a table.

On the return of some of the officers to England it was expanded into an outdoor game at the castle of the Duke of Beaufort. The ancestral hall of the Duke was called "Badminton Hall," hence the name the game bears today. Badminton was played on a small scale in the British Isles until 1898 when their first National Championships were held. The game then began to grow by leaps and bounds and spread to other countries, including America.

Indications now point to the game's approaching a popularity that will place it definitely among the major

American sports, just as it has in Canada, England, Scotland, Ireland, Wales, Denmark, Sweden, Norway, France, Malaya, Australia, New Zealand, South Africa and many other countries.

We all know there is no "royal road" to athletic success in any sport. No one can become a champion without diligent work and practice. To derive the most enjoyment from your chosen sport, a good background of fundamentals and a reasonable amount of practice are necessary.

BADMINTON has six (6) basic strokes—the CLEAR . . . the SMASH . . . the DROP-SHOT . . . the FOREHAND DRIVE . . . the BACKHAND DRIVE, and the SERVICE. In this booklet we deal with the simple forms of badminton strokes—enough to make you a better-than-average player. You should be able to master these strokes in a short time, with practice.

To help you enjoy this great game more thoroughly we have tried to explain the fundamentals in this booklet. Since the equipment you use is an important factor to better play, we have also endeavored to explain the type of equipment you should select.

For information on equipment, write to:

WILSON SPORTING GOODS CO.
2037 N. Campbell Avenue
Chicago 47, Illinois

Bird Chatter, the official publication of American Badminton Association, is published for those interested in the game. Issued four times per season, Bird Chatter contains training articles, interesting feature stories, news from all badminton sections of the nation as well as articles on badminton in foreign countries.

More information on this magazine may be obtained from Bird Chatter Magazine, c/o Gladys Mallory, 7518 Orin Court, Seattle 3, Washington.



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